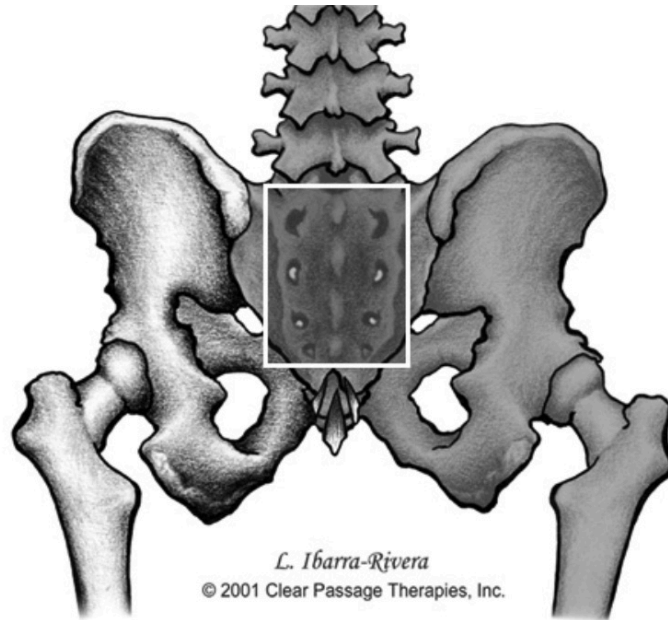


Sacral Pad Instructions

On a carpeted floor or on a yoga mat, lay on your back with the sacral pad placed vertically under your sacrum, just below the top crease of your buttocks and above your tailbone (see illustration below).



- Position 1: Bend your knees and rest them against each other while you bring your feet out to the side.
- Position 2: An alternative position is to slowly straighten out your legs with heels shoulder width apart.
- Relax in either of these positions for 5-10 minutes and slowly work up over time to 20 minutes if desired. Let your pelvis and surrounding muscles relax. Stop if your symptoms worsen.
- When finished remove the sacral pad and place a folded pillow, yoga block, or a fist between your knees and squeeze your knees together firmly for 5-10 seconds. Repeat 1-2 more times.
- The sacral wedge can be used in conjunction with an Occipivot or a Still Point Inducer positioned at the base of your skull or alternatively use with neck support (e.g. rolled towel). This creates dual traction.

We recommend the Sacro Wedgy®, available on our Amazon store. They have both a male and female version to suit the shape and length of your pelvis. Taller women should select the male version.